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SCIENCE SAYS

Rory MacDonald, No. 1 ranked welterweight contender, works out at the Aberdeen Pavilion on Thursday.
JUSTIN TANG/THE CANADIAN PRESS

EYE ON THE PRIZE
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metroSPORTS

Pay system a 'boondoggle,' says union

LABOUR

Some public servants are getting paid months late

Haley Ritchie
Metro | Ottawa

The largest union representing federal public servants is turning up the heat this week on Public Services Minister Judy Foote and Phoenix, the glitchy new pay system unveiled in February.

Chris Aylward, executive vice-president of the Public Service Alliance of Canada, said the union understands there will always be glitches in any system, but he said the number of problems right now is a disaster for many public servants who are getting paid weeks or months behind schedule.

"It's time for (the minister) to hear from members about their stories and how this boondoggle called Phoenix has impacted them and their families," said Aylward.

Now, the union is asking members to tell Minister Foote directly in an "online action" how the problems with the new system have affected them.

Aylward said the glitch is placing financial pressure on families.

"We know of members who have had to use credit cards for everyday purchases because they didn't receive a paycheque," he said. "Having to dip into savings, borrow money from family members or not being able to put food on the table. Utilities are being cut off. We've heard it all."

The problems span across the country, including students, and seem to mostly affect non-standard paycheques like contract work, acting pay, overtime and parental leave.

In April, the department of Public Services and Procurement said there had only been 300 formal complaints about the new pay system and insisted the glitches were temporary and being worked through.

Earlier this week the department told the Ottawa Citizen that it will be setting up a temporary pay centre in Gatineau and hiring workers to help deal with the situation.

The online campaign went live on the union's website Thursday afternoon.

"We need the minister to understand the full impact," said Aylward.

Minister Foote could not be reached for comment before press time on Thursday.

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metro NEWS

British MP Jo Cox stabbed, shot to death in broad daylight. **World**

Job-hunting tough for Syrians

SETTLEMENT

Refugees look for work at city hall event

Lucy Scholey
Metro | Ottawa

Mohamad Toubeh worked as a car mechanic in Syria for seven years before civil war forced him out of the country.

Now, along with more than 200 Syrian refugees who attended a special employment fair on Thursday, Toubeh is trying to navigate the job market in a new country.

"It's not easy now; even coming here, it's not easy to get a job," he said, through a translator.

From hotels to construction firms, prospective employers set up booths at Ottawa city hall to meet with the job-seeking refugees. Some arrived with a career in mind, while others sought tips.

Louisa Taylor, director of Refugee 613, said the goal was to get refugees networking.

"So many of us find our jobs because of someone we know, whether it's someone we know who tells us about a position or someone we know who comes looking for us because they know our skill set," she said. "Syrian arrivals, like any other refugees, don't have that network here."

Apart from networking, the biggest tip the group heard was to learn English — or at least the basics — and become accustomed to Canadian culture.

Grace Choueiry, branch manager with job-listing company Adecco, speaks to a group at a Syrian refugee job fair, Thursday at Ottawa city hall. ALL PHOTOS LUCY SCHOLEY/METRO

Grace Choueiry, a branch manager with the job-hunt firm Adecco, said about 90 per cent of the refugees she spoke with on Thursday did not speak English.

"I was a newcomer myself. I came here 28 years ago (from Lebanon)," she said.

"I spoke English, but I needed the Canadian experience, so I volunteered for four months without being paid just to get the Canadian experience."

Some of the highly educated bunch — including civil engineers and pharmacists — may be left seeking a new or slightly different field, rather than pouring years of studies into getting re-certified in Canada.

Those who wish to stay on their career paths were advised to seek out the immigrant settlement services for more information on how to do so.

"You have many more skills and you are many more occupations than the one you came with," said Corrine Prince St-Amand, of the Catholic Centre for Immigrants, during a panel discussion at the job fair.

"I want you to open up your minds."

"I hope to find a good job for me."

Zina Alkhalil

Moved to Ottawa: Four months ago with husband and two kids (he stayed with kids so she could attend job fair)

Previous job: English teacher

Through a translator, Khaoule said he has been looking for a job since he landed in Ottawa. He worked as a hairdresser for two weeks, but it was not busy enough, so he stopped working. He's currently taking English classes as he hunts for a part-time job.

Nour Khanoule

Moved to Ottawa: Feb. 16, 2016

Kind of job he's looking for: Anything, but his background is in hairdressing

Because she has a big family of seven children, Alabed is looking for a part-time job so she can be home when the kids come back from school.

Khatoon Alabed

Moved to Ottawa: Four months ago

Where she wants to work: In a bakery

"Everything is new for us. Different culture. We had a lot of difficulties – the food, the people, the culture. Everything is different."

Basel Al-Zoubi

Moved to Ottawa: About six months ago with his wife and three kids

Kind of job he's looking for: Something in the non-government sector

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5 THINGS TO DO IN OTTAWA THIS WEEKEND

Music and partying happens non-stop all day and all night this week with a host of hip (and free!) festivals to entertain you.

Haley Ritchie
Metro | Ottawa

1 Night market

Chatime and Ottawa Asian Fest are teaming up for the second ever Night Market at Lansdowne's great lawn. Taste old favourites or try something new: the festival offers traditional Asian cuisine, street food, and food trucks offering things ranging from bubble waffles to squid on a stick. The night market is free to enter and runs for three nights; Friday at 5 p.m., Saturday at 12 p.m. and Sunday at 12 p.m.

2 Glowfair

Bank Street's free festival of music, light and art returns this weekend with 10 city blocks and two stages. Street activities are divided by blocks and include fitness and yoga, a glowing magical forest, and an art block.

3 Ottawa Garden Days

Get outside this weekend and get inspired or just stop to smell the roses – either way there's tons of gardening workshops and tours in the city this weekend. Learn about apartment-friendly container gardening, attend a plant swap, tour botanical and wildlife gardens and check out the grand opening of the Museum of Nature's renovated landscape gardens.

4 Italian Week

Italian week continues with a Italian car parade, Ferrari festival and music all weekend long. Each day of the weekend involves a chance to see some terrific old and new cars on Preston Street in Little Italy. There will be plenty of entertainment too, including EDM star DJ Tatiana at 10 p.m.

5 Summer Solstice Aboriginal Festival

Everyone is welcome to attend the Summer Solstice Aboriginal Festival in Vincent Massey Park this weekend and celebrate the rich art and culture of First Nations, Métis and Inuit. The festival is free and takes place Friday 6 p.m. to 10 p.m., Saturday 10 a.m. to 7 p.m. and Sunday 10 a.m. to 6 p.m. Shuttle buses are available from downtown.

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Province pitches Carling on-ramp closure

TRAFFIC

Proposal takes residents by surprise

Emma Jackson
Metro | Ottawa

Residents were left scrambling this week as the province announced plans to close a Carling Avenue on-ramp permanently.

Carlington Community Association board member Robert Brinker called the plan "very much surprising" ahead of a public consultation Thursday night.

Closing the ramp — which loops westbound Carling drivers around Westgate mall onto the eastbound Highway 417 — is part of the larger Queensway widening project between Carling and Maitland avenues, said the transportation ministry's regional manager, Frank Vanderlaan.

It wasn't supposed to be, but engineers recently realized that in the new configuration, Kirkwood and Carling's on-ramps would have to merge into traffic very closely together.

"That's substandard," Vanderlaan said.

He said staff tried to accommodate the ramps, but further widening was blocked by nearby hydro towers, which would cost millions of dollars to move.

Brinker's top concern is where those detoured cars will end up: Will they cut through residential neighbourhoods, and in front of elementary schools?

And how will the network handle the thousands of new residents moving into RioCan's redeveloped Westgate project in the next decade?

Coun. Jeff Leiper was particularly concerned about added pressure on Parkdale Avenue, which "is already a failed street."

Vanderlaan said less than 300 vehicles use the ramp in peak hours, compared to about 1,200 on the nearby Kirkwood ramp.

He predicted few new cars will use the Parkdale ramp.

Brinker said it's tough to address these traffic issues with two levels of government involved.

"We want to sit together later this summer with the MTO and city staff and the community associations and come up with a plan for the whole area," Brinker said.

Leiper's solution, however, was simple:

"Don't widen the Queensway," he said ruefully.

Abraham Indrias was fined $50 for leaving his car unattended, even though he was standing right beside it. EMMA JACKSON/METRO

LAW ENFORCEMENT

Bylaw conflict leads to taxi confusion

Should they stay or can they go?

That was the question posed when two bylaws collided, leading the department chief to promise he'll withdraw a cabbie's parking ticket. Roger Chapman cited inconsistent rules for the withdrawal.

Capital Taxi driver Abraham Indrias was ticketed $50 Tuesday for leaving his cab unattended in front of the Courtyard Marriott hotel.

He had taken a bathroom break, Indrias told Metro. A few minutes later, he was stretching next to his car when a bylaw officer pulled up and told him he can't be outside his vehicle in a taxi stand. The officer wrote the ticket while Indrias protested.

"I told him to stop, but regardless he did it," Indrias said.

Chapman said Thursday he'll withdraw the ticket, even though the parking bylaw says taxi drivers must stay in their cars at a stand.

That's because the taxi bylaw says just the opposite: Drivers need only be "sufficiently close" to their car to have it "under constant observation."

Chapman said it was clear Indrias was on the sidewalk near his car when the officer stopped.

"In this case maybe the officer shouldn't have issued the ticket," Chapman said.

The cabbie and the chief still disagree on one point, though: whether or not Indrias was allowed to take a bathroom break.

Indrias claimed he has a five-minute window at the taxi stand.

Hanif Patni, president of taxi dispatcher Coventry Connections, said there are many reasons a cabbie might leave his car unattended.

"A cabbie has to maybe pick up somebody's luggage and take it into the hotel, or he has to go into the hotel to find out where is the customer, or he has to go pee," Patni said.

Chapman disagreed.

"If they're going to be out of their vehicle they should be pulling out of the taxi stand, parking legally and going in to use the washroom," Chapman said.

EMMA JACKSON/METRO

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Kids are too tired: Report

CHILDREN'S HEALTH

Annual report says Canadian youth don't get enough sleep

Haley Ritchie
Metro | Ottawa

Almost a third of Canadian school-aged kids are sleep-deprived while most are spending too much time staring at screens, suggests an annual report on the state of children's health.

For the first time, the ParticipAction Report Card on Physical Activity for Children and Youth looked at the amount and quality of children's sleep, and found that many are not getting enough shut-eye.

There's a cycle at work, according to the study, that kids "aren't moving enough to be tired, and they may also be too tired to move."

"The new research is showing that we should look at the whole day, the 24 hours," said CHEO researcher Jean-Philippe Chaput, who contributed to the report. "Everything matters."

"Short sleepers tend to eat more, tend to move less, tend to engage in more screen time," said Chaput. "The key advice is remove all gadgets and screens from the children's bedrooms. It shouldn't be there."

The study found only nine per cent of kids aged five to 17 get the recommended minimum of 60 minutes of "heart-pumping activity" a day and only 24 per cent of five- to 17-year-olds spent less than the daily maximum of two hours of recreational screen time.

The stats ring true for Ottawa parent Nathalie Guay, who said she recently had to put the family iPad under lock-and-key to encourage her 10-year-old son to spend more time at the skate park.

"If they could sleep with it, they would sleep with it," she said. "(The study) is exactly what's happening in my house. I was like, 'I'm not crazy.'

> **Short sleepers tend to engage in more screen time.**
> Jean-Philippe Chaput

"He would miss sleep in the morning to be able to play before going to school, and come back from school and play all the time until his bedtime."

Guay said her son plays hockey and power skates, but still spends too much time on the screen.

A child who meets their minimum daily exercise goals can still be unhealthy if they also dive into a TV marathon or play video games into the wee hours of the morning, according to the report.

WITH FILES FROM THE CANADIAN PRESS

Researcher Jean-Phillipe Chaput contributed to a report that found Canadian kids aren't getting enough sleep. CONTRIBUTED

FEDERAL GOVERNMENT

Ottawa 2017 gets millions

The federal government will contribute up to $5 million to the Ottawa 2017 celebrations next year, Heritage Minister Mélanie Joly announced on Thursday.

"I've heard for a long time that Expo 67 was the last great year of Canada, but that was for those who were there," said Joly. "I really believe there will be a generation of 2017."

Joly said the themes of the Canada 150 celebration will be youth, diversity and inclusion, the environment and national reconciliation with indigenous people.

She said the funds from the federal government will go towards the already announced LRT tunnel multimedia show and the Canadian video game competition.

"We've been planning celebrations for Ottawa 2017 for the past several years and we've always wanted to make sure that our plans are integrated with the federal government's plans," said Mayor Jim Watson.

HALEY RITCHIE/METRO

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Jazzed to hear from you

MUSIC

Songwriter returning to National Arts Centre in fall

Lucy Scholey
Metro | Ottawa

After taking a touring break, singer-songwriter Kathleen Edwards is returning to the National Arts Centre in November with a jazzy twist on her tunes.

The musician and owner of Quitters Café in Stittsville is collaborating with multi-instrumental jazzist Petr Cancura on the second installment of his series Crossroads.

For the shows, Cancura takes a folksy singer-songwriter's tunes and, well, jazzes them up.

"It's like recreating the music from the ground up," he said, adding that this mash-up blends the spontaneity of jazz music with the storytelling of folk.

"This is the best of both worlds. You really get to let virtuosic musicians shine, but you stay true to the rawness of the story."

Singer-songwriter Kathleen Edwards is returning to the National Arts Centre on Nov. 24 for a jazzier version of her set with multi-instrumentalist Petr Cancura. CONTRIBUTED

Apart from the Nov. 24 show with Edwards, Cancura is also pairing with Lynne Hanson on Jan. 14 and Justin Rutledge on May 27.

While Cancura has yet to work with the latter two artists, he knows Edwards from producing the horns section for her first album, Failer.

> **You really get to let virtuosic musicians shine.**
> Petr Cancura on blending folk music and jazz

"I loved working on her music then and I think we saw eye-to-eye," he said. "I didn't know if she was going to be into (collaborating), knowing she's not playing much these days. But if there was any chance, I wanted to do it. I love her music."

Edwards has toned down the touring since the release of her 2012 album Voyageur.

But this summer, she will play the Calgary Folk Festival and tour with L.A. folk-rock band Dawes.

Last year, Cancura collaborated with Ian Tamblyn, Jeremy Fisher and Lynn Miles on the Crossroads series.

Cancura recalls driving around listening to a stack of 15 of Tamblyn's CDs. When it came time to practice together, it was easy for his band to get swept up in the jazz.

"I remember Ian saying, 'Hey guys. Remember the story. Remember the story of the song.'"

CHECK IT OUT

Tickets on sale June 21
Tickets for the Crossroads Jazz series go on sale on Monday, June 21 at 10 a.m. at nac-cna.ca. The Kathleen Edwards show starts at $35, while the studio shows are $39.

IN BRIEF

Man arrested after heated debate about Earth's shape
Brockville police have arrested the 56-year-old man whose debate with his son's girlfriend about the shape of the Earth turned violent when he tossed items, including a propane tank, into a campfire.

Police said the man and woman got into a heated argument when the girlfriend insisted the Earth was flat. When police and firefighters responded to the scene in St. Lawrence Park, the suspect had fled. The man will appear in court on a mischief charge. JOE LOFARO/METRO

Ottawa man faces multiple child porn charges
The Ottawa Police's Internet Child Exploitation unit has charged Juan Pablo Jaramillo-Soto, 24, with two counts of luring under the age of 18, one count of luring under the age of 16, and one count of making sexually explicit material available to a child. Police urge anyone with information to contact the ICE unit at 613-236-1222 ext. 5660. EMMA JACKSON/METRO

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Feds refuse to kill near-death clause

ASSISTED DYING BILL

MPs reject key change, vote to send bill back to the Senate

The House of Commons bounced the assisted dying bill back into the Senate's court Thursday, rejecting an amendment that would have allowed suffering Canadians who aren't near death to get medical help to end their lives.

Appointed senators must now decide whether to stick to their guns or accept the will of the elected chamber, a choice some clearly find agonizing.

"I cannot in all good conscience simply vote down a bill that is better than having nothing at all," said Conservative Sen. Don Plett. Conservative Sen. Doug Black said the Senate did its best to improve the bill and must now defer to the will of the Commons.

But others were adamant that without the primary amendment — which would have deleted the bill's proviso that medical assistance in dying be available only to those whose natural death is "reasonably foreseeable" — the bill doesn't comply with the charter of rights or with last year's landmark Supreme Court ruling, which struck down the ban on assisted dying.

The Senate scrapped the foreseeable death requirement during two weeks of lengthy debate in the upper house before passing the bill with seven amendments late Wednesday by a vote of 64-12, with one abstention.

Early Thursday, Health Minister Jane Philpott and Justice Minister Jody Wilson-Raybould announced that the government would accept the more minor amendments. But, as expected, they stood firm on the legislation's central pillar: that only those near death should qualify for medical assistance in dying.

THE CANADIAN PRESS

PRICKLY ISSUES

Prison watchdog wants answers from authorities

A Belgian man 30 years into a life sentence for rape and murder wanted doctors to help him die — and he nearly got his wish. The case underscores some of the issues corrections authorities may have to tackle with the legalization of medically assisted dying. Howard Sapers, Canada's prison watchdog, wants to know how authorities will deal with the issue.

INFRASTRUCTURE

B.C. first in line for transit cash

The federal government has taken a major step in its ambitious infrastructure program by signing a funding agreement with British Columbia to move the first block of cash in its multibillion-dollar plan.

Prime Minister Justin Trudeau said Ottawa will spend $460 million in British Columbia to help pay for upgrades to existing transit infrastructure including renovations to aging transit stations and building new bus lanes.

Trudeau said $370 million of that money has been earmarked for transit projects in Metro Vancouver.

"With the province's and municipalities' contributions, a total of $934 million will be invested in public transit across the province," he said Thursday in Burnaby.

THE CANADIAN PRESS

IN BRIEF

Playboy drops lawsuits against Canadian firms

Playboy has discontinued lawsuits against two Canadian publications the magazine had alleged had illegally reproduced revealing photographs of supermodel Kate Moss taken for the U.S. magazine's 60th anniversary.

THE CANADIAN PRESS

CALGARY

Man dies in clinic stabbing

Police say a stabbing at a Calgary medical clinic in which a man was killed appears to be domestic in nature but they aren't saying what may have led to the attack.

Officers who arrived at the Perpetual Wellness Chinese Medicine Centre on Thursday afternoon also found two other people with non-life-threatening injuries.

One woman was transported to hospital and a second person was treated on scene before being taken into custody. Police didn't give any further details about the suspect.

There were large drops of blood leading up to the door of the clinic. Yellow police tape blocked off the section of mall while bystanders looked on. A single policeman stood in front of the business.

Maggie Law runs a spa near the wellness centre.

"I just saw the restaurant people running over to help and were yelling, 'Bring more towels, bring more towels! There's a lot of blood,'" she said. "Then I went back to look at what was happening and saw two guys on the floor. I think it was two guys, I only saw their legs. It was really messy and there were some towels and then the police came."

Law said about 15 minutes later, she saw one man being brought out in handcuffs.

She said she didn't hear anything when the attack happened and the mall for the most part is usually quiet.

THE CANADIAN PRESS

A Google Maps image of a medical clinic in Calgary, where a stabbing occurred on Thursday. TORSTAR NEWS SERVICE

SYRIAN CRISIS

Dion accepts genocide label

Two days after the Liberals voted down a Conservative motion to accuse Daesh of genocide, Foreign Affairs Minister Stephane Dion acknowledged the group is engaged in precisely that against the Yazidis.

Dion said Thursday he accepts the findings of the report of an independent, UN-mandated commission which says Daesh has committed genocide against the ethnically Kurdish minority group. "We are taking the lead in asking the Security Council to be sure that they will prosecute the perpetrators of these atrocities and investigate in order to understand what is happening on the ground," Dion told the Commons.

Yazidis released by Daesh.
THE ASSOCIATED PRESS

Conservative Jason Kenney, who has spent weeks urging the government to put the genocide label on Daesh, says Dion is missing the larger picture by focusing only on the Yazidis.

In debating and then defeating the Tory genocide motion on Tuesday, the government said politicians should shy away from declarations of such magnitude. "Determinations of genocide need to be made in an objective, responsible way," Prime Minister Justin Trudeau said during the debate. "That is exactly what we have formally requested the international authorities weigh in on."

THE CANADIAN PRESS

OC Transpo

New Summer Service

New Summer Service Effective Sunday, June 19

Schedule changes this summer will reflect lower seasonal ridership levels and respond to changing customer needs. New timetables are available for most peak period (red) and express (green) routes as well as the following routes which have schedule changes: 5, 8, 12, 14, 16, 85 through 99, 104, 111, 114, 118, 129, 150, 152, 156, 168, 172, 177, 178, 185 and 198.

Several routing changes will occur that mainly affect service in Greenboro East. See details below.

Greenboro East

43 will be modified to travel from Cahill, south on Bank Street to Hunt Club, then north along the Transitway to Hurdman Station. Travel time will be the same and connections will be maintained.

Route 43 will be removed from the upper level of Greenboro Station and from Bank Street between Cahill and Walkley Road. Customers may still catch Route 43 at Greenboro and Walkley Stations.

114 will be modified to operate from Karsh and Lorry Greenberg via Conroy, Johnston, Bank and Hunt Club to the Transitway, replacing Route 143. Some trips will serve Tapiola on an hourly basis.

Note that school trips on Route 114 will be unchanged until the end of the current school year.

143 will be cancelled and replaced by revised Route 114. Most customers will have a shorter travel time, a new, direct connection to Elmvale and St-Laurent, as well as more frequent and expanded hours of service along Johnston Road. Route 43 will continue to provide service, but will also be revised.

Other Highlights

72 will be extended along Cobble Hill to start and end at Hélène Campbell.

98 On Sundays, several southbound trips in the morning and evening will be extended to start at Mackenzie King Station for improved service along King Edward and at Lees Station.

150 The first weekday trip eastbound will depart several minutes earlier for improved connections at Tunney's Pasture.

Schools Special school trips on regular routes and the 600 series of routes will be cancelled for the summer. Service to schools in the French Language boards will resume Tuesday, August 30.

Summer Service to Museums Returns

Special weekend service to the Canada Aviation and Space Museum and the Agriculture Museum will return this summer along with service to Petrie Island. The service will operate weekends only until Monday, September 5, including these holidays: Canada Day, Colonel By Day and Labour Day.

129 will be extended to the Canada Aviation and Space Museum every 30 minutes between approximately 9 a.m. and 5 p.m. A connection to Route 129 can be made at Blair Station.

185 will operate from Preston at Albert to the Experimental Farm and Agriculture Museum via Preston Street and Prince of Wales Drive. Service will run every 30 minutes between approximately 9 a.m. and 5 p.m.

198 will operate from Place d'Orléans and Trim Park & Ride to Petrie Island starting Saturday, June 18, every 30 minutes between about 9 a.m. and 6:30 p.m.

ON TRACK 2018

Watch for information regarding changes at Tunney's Pasture Station for Confederation Line O-Train construction.

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For more information about these changes, new timetables or trip planning, visit an OC Transpo Customer Service Centre, go to octranspo.com, or call 613-741-4390 during these hours:

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The next service change is Sunday, September 4.

INFO 613-741-4390 octranspo.com

Barack Obama and Joe Biden place flowers at a memorial in Orlando on Thursday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

ORLANDO SHOOTING

Obama offers support – but no answers

U.S. President Barack Obama brought words of comfort but no easy answers on Thursday to grieving families in Orlando, striving to help the community heal even while investigators were still struggling to make sense of the carnage at a gay nightclub.

As Orlando prepared to bury its first victims from the mass shooting, Obama and Vice-President Joe Biden spent hours meeting privately with survivors of the attack, victims' relatives and police officers who responded to the scene on Sunday, when 49 people were killed. The low-key visit reflected the challenge for the president to find something meaningful to say about an attack that has stoked a wide mix of fears about terrorism, guns and violence against gays.

Obama's call for solidarity and empathy stood in contrast to the roiling political debate in Washington and the campaign trail that has sprung up since the attack. Arizona Sen. John McCain, a Republican and frequent Obama critic, accused the president of being "directly responsible" for the shooting because, he said, Obama had allowed the growth of Daesh on his watch.

Investigators were working to reconstruct the movements of the shooter before he opened fire at the Pulse dance club, including what his wife may have known about the attack. THE ASSOCIATED PRESS

A COLD HEART

Killer monitored impact

While his victims texted heartbreaking last words to loved ones from the blood-drenched bathrooms, Omar Mateen apparently went on Facebook to measure the shockwaves his attack on a gay nightclub was generating.

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British MP Cox killed

PARLIAMENT

Attacker stabs, shoots pro-EU campaigner in north riding

Jo Cox AFP/GETTY IMAGES

A British lawmaker who campaigned for the country to stay in the European Union was killed Thursday by a gun- and knife-wielding attacker in her small-town constituency, a tragedy that brought the country's fierce, divisive referendum campaign to a shocked standstill.

Jo Cox, a 41-year-old Labour Party legislator who praised the contribution of immigrants to Britain and championed the cause of war-scarred Syrian refugees, was attacked outside a library in Birstall, northern England, after a regular meeting with constituents. Police would not speculate on the attacker's motive.

Witnesses described a man shooting Cox several times and appearing also to stab her as she lay on the pavement. Police said they had arrested a 52-year-old man and were not looking for anyone else.

"Our working presumption ... is that this is a lone incident," said Dee Collins, acting chief constable of West Yorkshire Police.

British security officials said the shooting didn't appear to be related to international terrorism, but domestic terrorism has not been ruled out.

Residents identified the suspect to the BBC and other media as Birstall resident Tommy Mair. Neighbours said Mair was a quiet man who did gardening jobs for local people.

Violence against British politicians has been rare since Northern Ireland's late-1990s peace agreement, and figures from all parts of the political spectrum expressed deep shock. THE ASSOCIATED PRESS

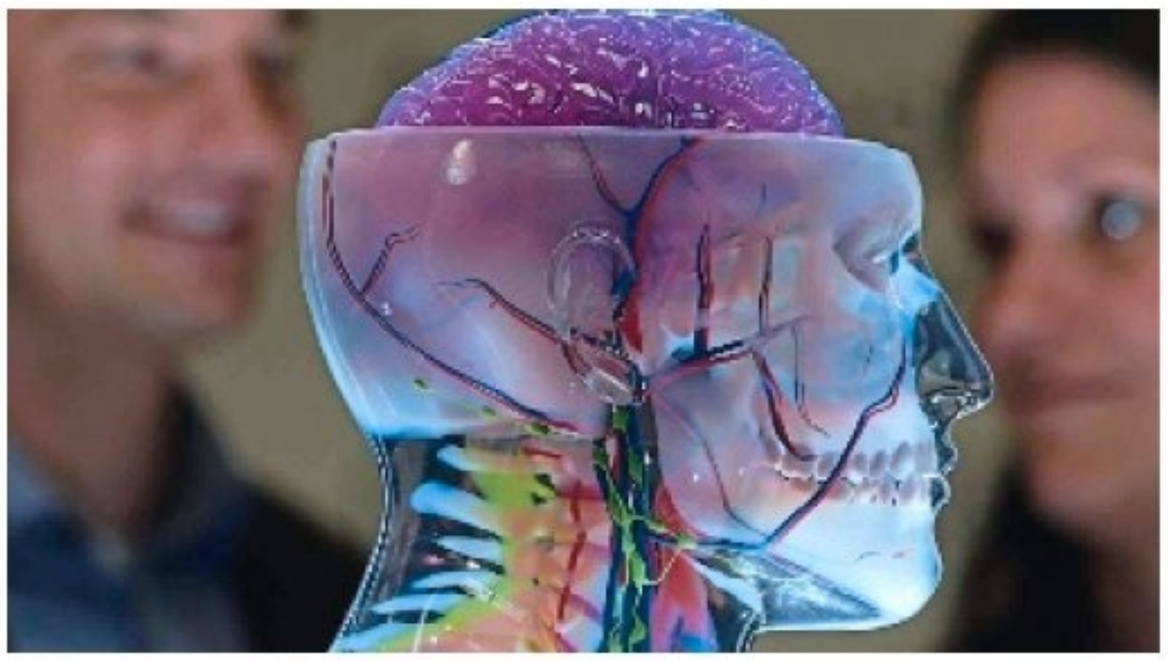
ALLIGATOR ATTACK

Charges against parents unlikely

A sheriff said charges are unlikely against a Nebraska couple after an alligator killed their two-year-old son by snatching him out of shallow water at a Walt Disney World beach, but the entertainment giant is reviewing whether to add gator warning signs.

Orange County Sheriff Jerry Demings told The Associated Press after a news conference Wednesday there was no indication Matt and Melissa Graves of suburban Omaha, Nebraska, committed any crime that contributed to the reptile grabbing their son, Lane Graves.

"There's nothing in this case to indicate that there was anything extraordinary" in terms of neglect by the parents, Demings said. THE ASSOCIATED PRESS



TECHNOLOGY

THE WORLD — PRINTED IN 3D

People from all over the world have gathered in Erfurt, Germany for the international fairs FabCon 3.D and Rapid.Tech to present the latest products and applications in the fields of additive manufacturing and 3D printing. The fairs continued until June 16. Above: People stand behind a 3D-printed model used for medical purposes at the stand of the US company Stratasys.

Left: A woman fixes a miniature model of the Saint Basil's Cathedral of Moscow at the stand of the company Rapid Shape.

THE ASSOCIATED PRESS

The Visa-Walmart brawl affects you

CREDIT

Companies in dispute over merchant fees

Why did Visa take out newspaper ads about Walmart on Wednesday?

Visa and Walmart are in a battle over credit card fees charged to merchants. Walmart wants a better deal from Visa. Visa said it offered a lower rate, but Walmart wants an even deeper discount. Visa claims Walmart is asking for a rate lower than the one paid by charities and schools.

How many customers are affected by this?

Visa is the biggest credit card company in Canada, with 54 million cards issued, according to Rob Livingston, president of Visa Canada.

Also, the phase-out of Visa cards at Walmart is scheduled to begin in Thunder Bay in July, not in the GTA, which is the largest retail market in the country. So there is still time for the parties to go back to the table and hammer out an agreement.

Why is this happening in Canada?

In Canada, Visa and Mastercard charge merchants fees that are as much as five times higher than fees charged in dozens of other countries, including those in Europe and Australia. In some cases, governments have stepped in to regulate lower fees. In other cases, government regulators similar to the Competition Bureau have set caps on fees.

The fee in Australia is 0.5 per cent, according to Karl Littler, vice president, public affairs, Retail Council of Canada (RCC). In many European countries, it's 0.3 per cent.

Canadian retailers pay about $5-billion a year in credit card fees, according to the Council.

Why do the credit card companies charge so much more in Canada?

Visa's Livingston says Canada has one of the most developed and secure digital payment sectors in the world, due to the investments credit card companies have been able to make using the proceeds from fees. That includes tap-and-go services and systems that reduce the need for less secure payment methods.

Walmart wants a better deal. Do other big retailers get preferential treatment?

Yes. Although the terms of the exclusive deal between MasterCard and Costco in Canada are not public, Sands believes it could be as low as zero per cent, with MasterCard benefiting in other ways — increased use, more customers (who use the card outside of Costco, too) and publicity when Costco promotes the card.

So if the fees go down, will consumers benefit?

Perhaps, but only marginally. There is no independent study in Canada that has looked at whether retailers keep the difference or pass it on to consumers. Walmart is promising to pass it on to consumers, but while the overall savings to Walmart could be huge, it will mean pennies to consumers on most individual purchases.

TORSTAR NEWS SERVICE

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SCIENCE SAYS Weekend, June 17-19, 2016

BRAINY BIRDS
A University of Cambridge study found 28 songbird species with greater neural capacity for higher learning than mammals with similar brain sizes.

DECODED When athletes exult

THE NEUROCHEMISTRY OF WINNING

Soccer's European Championship, the biggest tournament outside of the World Cup, is underway. Already, the participating footballers have been fed heaping helpings of both the ecstasy of victory and the agony of defeat, in (roughly) equal measure. Because we like to keep things positive here, we wanted to concentrate on the victory part: **Here's what's floating around in athletes' brains when they win.**

First of all, the compulsory disclaimer, as with matters psychophysiological, is that there's PLENTY that science freely admits it flat-out does not understand. Consider yourselves disclaimed. Chief among what is known is that, irrespective of social, physical or mental causes, the sensation of pleasure originates in the brain, where **neurons** (a.k.a brain cells) talk to each other via the release of chemicals. The most important pleasure-synthesizing neurochemicals, and the most relevant to the thrill of athletic victory, are **dopamine**, which is associated with the pleasure of motivation and the realization of sought-after rewards; **epinephrine** (a.k.a. adrenalin) which causes increased heart rate, blood pressure, and the "adrenalin rush" we feel in high-pressure situations such as world-stage soccer matches; and **endorphins**, the brain's own homebrew morphine, which produce opiate-like pleasure, and have been associated with the so-called "runner's high" that sometimes accompanies strenuous exercise.

GRAPHICS: ANDRÉS PLANA/METRO

GUEST CITIZEN SCIENTIST by Paul Sokoloff

How can I prepare at home for life on Mars?

I just saw The Martian on Blu-ray. Everyone tells me that the science in the movie checks out, but what if I want to see for myself? Can I do Martian botany experiments on earth? — Guy, Ottawa

Aspiring Martian farmers will be happy to hear that we should be able to grow crops on the Red Planet, though it has no soil, which is created over time through biological activity. The red dust covering Mars is called regolith.

While you can't find real Martian regolith at the space-garden centre (we've yet to return samples from Mars), data sent back from landers and rovers have let scientists develop regolith simulants, Earthbound materials that mimic the colour, texture and physical properties of the real thing. While engineers may use this regolith to test rover wheels and dustproof electronics, botanists can use it to science the s--t out of some plants, and have already tried growing everything from algae to carrots in it.

These simulants are most often made from crushed and sterilized volcanic rocks. The most commonly used material comes from the slopes of Mauna Kea, Hawaii. Quarried by Orbitec Ltd., this JSC Mars-1A simulant, at $25 USD per 2 lbs, would be your best bet for simulating Mars at home. You would need fertilizer, though, as plants need nutrients missing from Martian regolith to grow. Just do not, I repeat, DO NOT, try using human waste like Mark Watney.

Still, when the first Astronauts get to Mars, it's unlikely they'll start farming with regolith right away. Soil-free hydroponics would provide plenty of fresh produce, and would prevent possible contamination of the planet as we search for signs of extraterrestrial life.

Paul Sokoloff is a botanist at the Canadian Museum of Nature, and a former crew-member at the Mars Desert Research Station in Utah.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

NEW ELEMENTS
Names have been assigned to the four new elements identified in December of last year. Meet nihonium (Japanese for "the land of the rising sun"), moscovium, tennessine (both named after the place they were discovered) and oganesson (named after chemist Yuri Oganessian). The names will undergo a consultation process before being officially recognized. The elements will occupy numbers 113, 115, 117, and 118 on the periodic table.

VOLCANIC ZOMBIES
There is a new zombie apocalypse to be afraid of, at least if you live in New Zealand. Geologists in the island nation have found magma chambers growing next to, rather than under, some Kiwi volcanoes, reports the June edition of Nature magazine. The findings suggest volcanic zones thought to be dormant are, as it were, living dead.

SOUND SMART

AGGLUTINATION

DEFINITION
Agglutination, derived from the Latin agglutinare (glueing to), is the process by which particles clump together. In the body, this process takes place when cells, such as red blood cells in the case of problematic clots, encounter certain antibodies that cause normally autonomous particles to join and form larger structures. This can happen with or without human intervention.

USE IT IN A SENTENCE
"My uncle's waiting on a blood transfusion, but when the docs mixed the latest donor's blood with his, there was some **agglutination**. Apparently, that's disqualifying. I don't know — I'm not a doctor — but it sounds bad."

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by Jason Logan

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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

The followup to Finding Nemo should do well at the box office thanks to great storytelling and production values, Richard Crouse argues. CONTRIBUTED

Finding Dory cures Sequelitis

IN FOCUS

Pixar makes good in a summer full of so-so sequels

Richard Crouse
For Metro Canada

Thank you, Pixar.

Years ago my now-wife and I went to see a particularly grim horror movie. Despite "watching" the entire film through her fingers, as though she could shield her face from the gallons of blood 'n guts on display, the creepfest jangled her nerves so badly we had to go see Finding Nemo directly afterwards as a palate cleanser.

Marlin (Albert Brooks) and Dory's (Ellen Degeneres) underwater road trip to find Marlin's lost son Nemo, coupled with gorgeous animation and warmhearted humour, calmed her and because of Pixar there were no bad dreams that night.

Roger Ebert called the family classic "a delight," and parents snapped up so many of them it became the best-selling DVD ever. Disney is clearly hoping those good feelings have lingered over the 13 years since Nemo first made a splash. This weekend Finding Dory enters a crowded summer season, one already stuffed to the gills with sequels, reboots and reimaginings.

MOVIE RATINGS by Richard Crouse

Finding Dory	★★★★
Genius	★★
De Palma	★★★★
Raiders! The Story of the Greatest Fan Film Ever Made	★★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

The original cast return (save for Alexander Gould who aged out of voicing Nemo) along with Idris Elba, Diane Keaton and Kate McKinnon. Will that be enough to mine gold when recent sequels have come up empty?

Hollywood wisdom says audiences want familiarity, characters and brands they already know and love, but this year moviegoers have rejected repackaged ideas. Zoolander 2, Ride Along 2, Neighbors 2: Sorority Rising, The Huntsman: Winter's War, Alice Through the Looking Glass, X-Men: Apocalypse and TMNT: Out of the Shadows all under performed in what the Hollywood Reporter is calling the Summer of Sequelitis.

For the record. I think Finding Dory will do just fine. Not just because Pixar is the gold standard in animation or because it has a story audiences will connect with but because it's good.

Do I think moviegoers are suffering from Sequelitis? No. Many of this year's sequels have stiffed because they weren't very good. The best thing about Zoolander 2 is that it was so unfunny it's hard to imagine Ben Stiller and Company making a third.

Perhaps the dip in box-office returns for cinematic re-treads is just what Hollywood needs and they'll realize a constant diet of movies with numbers and colons in the title — or worse, both, as in Neighbors 2: Sorority Rising — is not as appetizing to audiences as they think.

Executives are scared. Pitch Perfect 3, the planned follow up to the $287.5 million grossing Pitch Perfect 2, has been delayed while Universal waits to see whether the sequel slump is a passing phase. In the meantime, expect more than one sequel-crazed studio suit to say, "Thank you Pixar," when Finding Dory reels in the top spot.

INTERVIEW

DeGeneres keeps swimming

Finding Dory isn't just about a little blue fish looking for a home. The long-awaited sequel to Finding Nemo also reflects the journey of the woman behind the gills, Ellen DeGeneres.

Like Dory, DeGeneres had been feeling a little lost 13 years ago, when she first voiced the happy little fish with short-term memory issues. DeGeneres had publicly come out as gay a few years earlier, and had the title character on her namesake sitcom do the same.

It was a cultural flash point; then the show was cancelled. About the same time, DeGeneres' three-year relationship with Anne Heche suffered a painful ending.

"For a while, I didn't imagine that I would have anything again," DeGeneres said in a recent interview, her blue eyes bright and direct. "So then I just kept swimming."

She returned to the standup circuit and started over. Soon, DeGeneres was launching her daytime talk show.

"Just keep swimming" is Dory's motto. The little fish may not always know where she is or what she's doing there, but she can keep moving forward.

Ellen DeGeneres.
THE ASSOCIATED PRESS

"It was weird that (writer-director Andrew Stanton) was writing that at the same time that I was really wondering what was going to happen to me," DeGeneres said.

Now her Emmy-winning show is in its 13th season. She's a CoverGirl spokeswoman; she hosted the Oscars, Emmys and Grammys twice each; and introduced her own lifestyle brand, ED, last year. Everyone knows what happened to DeGeneres: she became an A-list star.

> **I love being able to express myself in different ways.**
> Ellen DeGeneres

She had been lobbying on her talk show for a sequel to Nemo for years.

Finding Dory introduces the blue tang fish as a baby, long before she meets her clownfish pals Marlin and Nemo. Little Dory's doting parents are helping their daughter develop skills for dealing with her memory troubles when an undertow whisks her out to sea. Dory quickly forgets why she's in the open ocean, and just keeps swimming until she makes new friends.

Along the way, she discovers that what she thought were liabilities are actually strengths. Her spontaneous way of approaching challenges inspires her fish friends to ask themselves, "What would Dory do?"

The role represents DeGeneres' first major acting gig since Nemo.

In a scene where Dory cries, DeGeneres says she shed real tears.

"I love being able to express myself in different ways and be emotional and not just be funny all the time," she said.

THE ASSOCIATED PRESS

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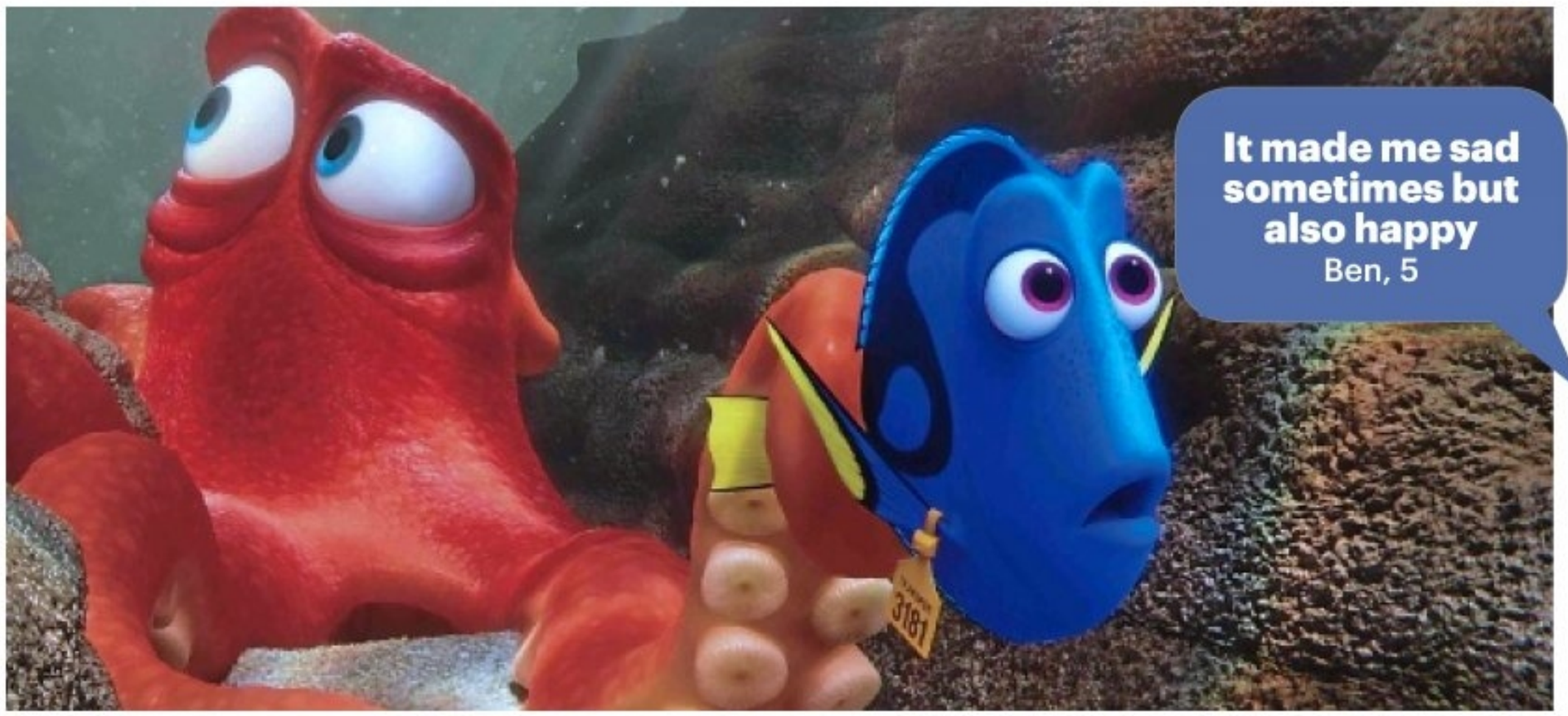
Reviewing Dory with dad



The kids agree: Hank the Squid (voiced by Ed O'Neill) is a favourite character. CONTRIBUTED

PERSONAL ESSAY

Metro writer asks his sons to deliver verdict on film

Chris Alexander
For Metro Canada

It is this writer's opinion that when a film critic is charged with reviewing a children's movie, it always helps if, y'know, he or she brings a child with them.

It should be essential, in fact. Because without the eyes of a kidlet beside you, without watching them watch the movie, how else can you properly appreciate and evaluate a work designed to please that very demographic?

So, on that note, I took two of my own little movie-mad lads (the apple don't fall far when it comes to loving cinema) with me to the preview screening of Disney Pixar's latest animated effort, Finding Dory, the highly buzzed follow-up to 2003's Finding Nemo, which takes an essential supporting character from the original picture, little forgetful fish Dory (voiced beautifully by Ellen DeGeneres) and gives her her own epic under sea adventure.

Finding Dory fleshes out, in flashback, Dory's tragi-comic backstory, with her parents Charlie (Eugene Levy, who was in fact present at the screening) and Jenny (Diane Keaton) trying to train the blue fish to defy her unfortunate short term memory affliction so she'll be able to live a happy, productive life.

When Dory mysteriously finds herself separated from her loving mom and dad, events from the first movie bleed into the story and soon, Dory is living with Nemo and his dad Marlon (Albert Brooks). But when Dory suddenly begins to get flashes of memory of her long lost family, she and her friends launch a crusade to find them, an adventure that is by turns hilarious and moving and always immaculately realized, especially in lush 3D.

After the show, little Elliot (who is seven), Ben (who is five years old), and I shared our thoughts on the film.

The family review team, from left, Elliot, Chris and Ben. CHRIS ALEXANDER

THREE TAKES

Elliot, 7
For Metro Canada

I liked it better than Finding Nemo. It was funny and also really exciting. I really loved Hank the Squid (Ed O'Neil), because he's kind of a jerk at first but then he starts to care about Dory and helps her. I also liked how Nemo and his dad were in it again, helping Dory this time like she helped them in part one. I thought the part where Dory was lost and upset at the end was kind of scary, though.

Ben, 5
For Metro Canada

It was beautiful. It was kind of like (Tomm Moore's haunting animated film) Song of the Sea (which is Ben's favorite movie) because of the pretty music and it made me miss my mommy and made me sad sometimes but also happy. I really liked Hank the Squid and the funny whale shark Destiny and the way the she kept bumping into things and talking to Dory in Whale language.

Dad's review

The boys are right. Finding Dory is ample funny and action-packed but it's also incredibly emotional, with a dark, haunting sequence towards the end that made me tear up and hold the lads close. And, as is the norm with Pixar, there's plenty of subtext here for the adults. The film is an allegory about special needs children and the things they can accomplish when they are loved and encouraged by their family and peers. It's the perfect family film, enriching and expanding the world directors Andrew Stanton and Lee Unkrich developed in the first movie.

It's time to binge on Fringe

SUMMER SHOWCASE

City's annual theatre festival plans to party until it's 2017

Jen Traplin

The 20th annual Ottawa Fringe Festival kicked off on June 15 and runs through June 26th, marking the start of an entire year of celebrations.

"This is our 20th festival but the 20th anniversary of the organization isn't actually until next year, so we're using that as an excuse to start celebrating now and to have a full year of events and parties up until the next Fringe Festival, when we're going to have a big 20th anniversary party," said Ottawa Fringe Festival Director Patrick Gauthier.

"It's really great to be here 20 years and I'm really looking forward to this next year. I think we've got a lot of really fun stuff planned."

Comedy duo James & Jamesy star in 2 for Tea at this year's Ottawa Fringe Festival. THADDEUS HINK

Some of the programming and events Ottawa Fringe has planned for the year will be announced at this year's festival. Gauthier said they plan on doing one event per month — whether that's a panel, screening or an encore performance of a past favourite show — between this year's festival and next year's.

Gauthier, who started as a volunteer at the festival 14 years ago, says Ottawa Fringe has come a long way over the past two decades.

"When we first started in 1997, it was really a scrappy, volunteer organization. There were fewer shows happening and it was more of a one-event organization that would come together over a couple of months to make this event happen and then disappear," Gauthier said.

"Now we're a full-time organization with six full-time employees, we manage Arts Court Theatre, we have 59 shows in the festival this year and we're attracting really high calibre artists."

Keep up to date on everything happening at this year's Ottawa Fringe Festival and beyond at ottawafringe.com.

7 FAST FRINGE FESTIVAL FACTS

1. There is no curation or jury process for choosing performers for the Ottawa Fringe Festival. Names are drawn from a lottery to see who will earn a spot.

2. 100 per cent of ticket sales goes directly to the performers. Since its inception, Ottawa Fringe has paid more than $1.65 million to its artists.

3. Every show is independently produced.

4. There are 14 venues being used for this year's festival, including six "BYOV" (Bring Your Own Venue) locations — The Courtroom, Tabaret Lawn, Café Nostalgica, The Royal Oak, William Square and SPAO.

5. Each show's run has from two to 20 performances during the festival.

6. Of the 59 shows at this year's Ottawa Fringe Festival, 33 of them are Ottawa productions.

7. The Ottawa Fringe Festival has set attendance records for three years in a row. Forty sold out performances is the record set in 2015 when attendance was more than 13,500 and artists earned over $100,000.

FAMILY FUN AT FRINGE

'Kids. Get rid of them and feel good about it.'

While the Ottawa Fringe Festival prides itself on being "uncensored," there are still a number of shows and activities for kids and families.

Every show at the Ottawa Fringe Festival is rated G, PG or Mature so parents can see ahead of time what shows may or may not be appropriate for kids.

This year, eight shows are rated G, meaning suitable for all ages — 2 For Tea, Alpha Delta 86, Arboramor, Blindside, Cardinal, Miss Bruce's War, The Actor's Nightmare and The Exclusion Zone. (Audience ratings are determined by the artists, not Ottawa Fringe).

The festival also hosts its Mini-Fringers Weekend Drama Camps, which run in conjunction with the Orleans Young Players Theatre School, offering both kids and parents a unique Fringe experience.

As the Fringe Festival website states: "Kids. Get rid of them and feel good about it."

Children ages four through 12 can take part in these mini camps on both Saturday afternoons during the festival. While the kids are busy doing that, mom and dad can check out a few shows totally guilt free.

The camps include a performance by all of the Mini-Fringers at the end of the day.

JEN TRAPLIN

DRAMA CAMPS FOR MINI-FRINGERS

- **When:** June 18 and June 25, 2 to 5:30 p.m.
- **Where:** Arts Court Library (2 Daly Ave.)
- **Ages:** Four through 12
- **Cost:** $10 per child or free with a multi-show pass
- **Space is limited:** To register in advance or for more information, visit ottawafringe.com/parents

Fringe offers mini-camps for kids on Saturdays. ANDREW ALEXANDER

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From bard crackpot to best pictures

With nearly 60 shows at the Ottawa Fringe Festival this year, there's definitely a little something for everyone. Here are just a few recommendations

Jen Traplin

Shakespeare Crackpot
Keir Cutler takes a humorous look back at his nearly two decades as a "Shakespeare doubter" — in other words, believing the conspiracy theory that William Shakespeare didn't actually write his famous words.

Opened: Thursday, June 16 | Studio Leonard-Beaulne (University of Ottawa)

2 for Tea
An ordinary tea party turns into a wild adventure for award-winning comedy duo James & Jamesy, who make their Ottawa premiere after charming audiences across the country on the Fringe circuit.

Opening night: Saturday, June 18 at 10:30 p.m. | Academic Hall (University of Ottawa)

Cardinal
This clown show tells the story of a mind unravelling at the hands of Alzheimer's. It features an Ottawa duo, Mitchel Rose and Madeleine Hall, as two clowns who don't speak.

Opening night: Friday, June 17 at 9 p.m. | Academic Hall (University of Ottawa)

Grade 8
In his Ottawa Fringe Festival debut, Dwayne Morgan uses this autobiographical show to tell the story of the relationship between father and daughter after tragedy suddenly turned him into a single parent.

Opened: Thursday, June 16 | ODD Box (Arts Court Theatre)

Everybody Dies in December
This new work by Ottawa's Nancy Kenny, a veteran on the Ottawa Fringe circuit, is a one-person dark comedy about a third generation funeral director. Kenny's documentary, On The Fringe, will also premier this summer.

Opened: Thursday, June 16 | Arts Court Theatre

Love is a Battlefield
Starring the real life husband and wife duo of Vanessa Quesnelle and Martin Dockery, this drama features deceit and desire as a singer and a down-on-his-luck producer attempt to record an album.

Opened: Thursday, June 16 | Arts Court Courtroom

A Tension to Detail
Created by the U.K.'s Gerard Harris, this comedy is about storytelling, life, death and everything in between. Harris calls it "the opposite of a smug, didactic TED talk or a hucksterish self-help seminar."

Jon Paterson, left, and Kurt Fitzpatrick lampoon the movies in Best Picture. RICHARD GILMORE

Opening night: Sunday, June 19 at 9:30 p.m. | La Nouvelle Scene (333 King Edward Ave.)

Jesus Christ Private Investigator
In this improvised comedy created by local improv group GRIMprov, Jesus Christ returns to fight crime as a beat cop. Because the show is improvised, each performance is completely different.

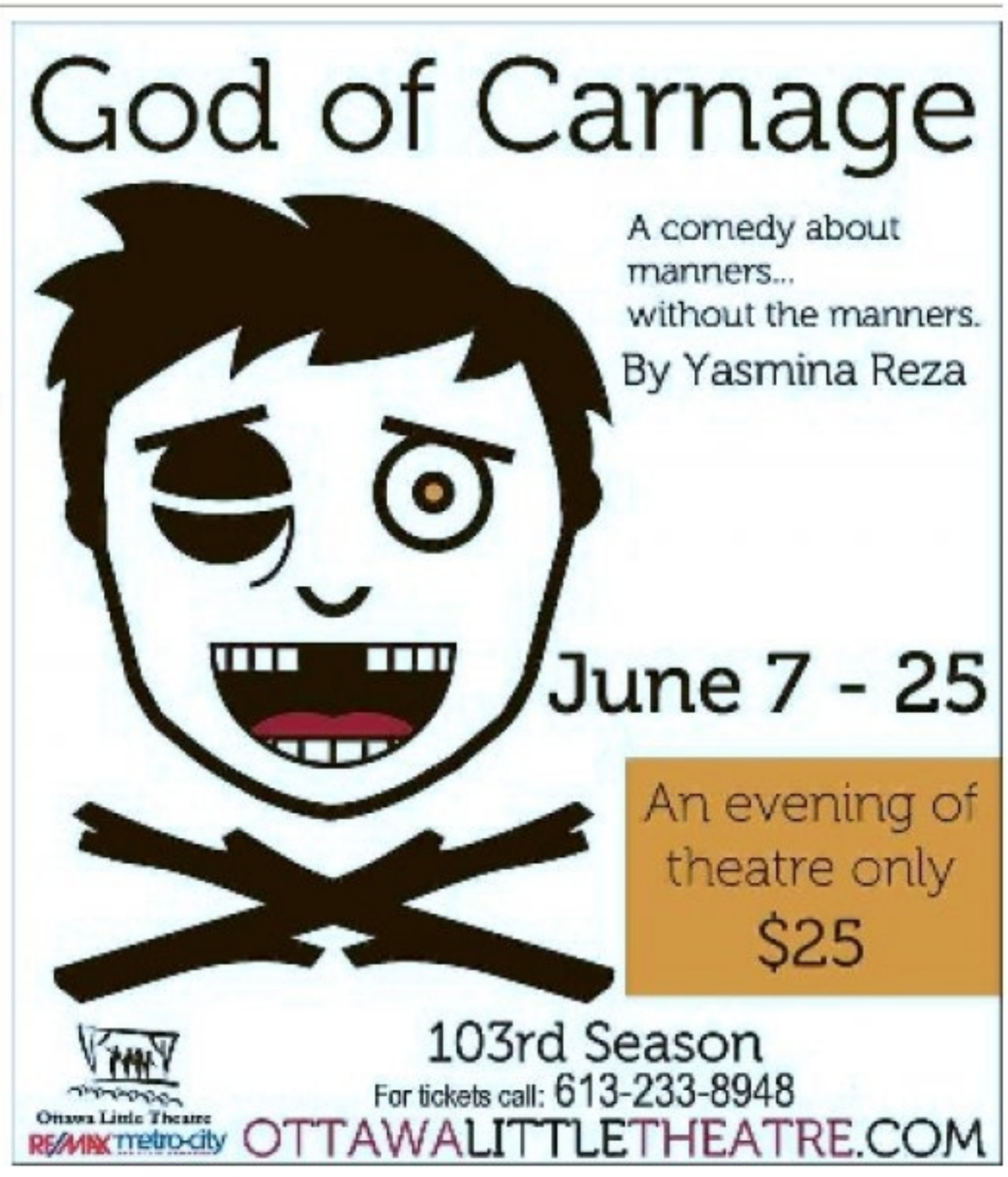
Opened: Thursday, June 16 | Cafe Nostalgica (601 Cumberland St.)

Best Picture
Over the course of an hour, three actors play a cast of thousands of characters as they lampoon every film that has won the Academy Award for Best Picture, dating back to 1929.

Opened: Thursday, June 16 | Studio Leonard-Beaulne (University of Ottawa)

Laser Kiwi
This comedy circus show is full of great ideas that just didn't quite make it — like the laser kiwi, for example (whatever that is).

Opened: Thursday, June 16 | La Nouvelle Scene (333 King Edward Ave.)



metro TRAVEL
Your essential daily news
Adventure company plans canyon trips for three sites in Jasper National Park

GETTING THERE

Skip the taxi and catch the high-speed train from the Shanghai Hongqiao International Airport, which will take about thirty minutes.

The Humble Administrator's Garden in Old Town is filled with Bonsai trees, ancient bridges and droopy willows. ALL PHOTOS JENNIFER WEATHERHEAD HARRINGTON

The ethereal beauty of Suzhou

THREE DAYS

With canals and romance, this city is the Venice of China

Jennifer Weatherhead Harrington
For Metro Canada

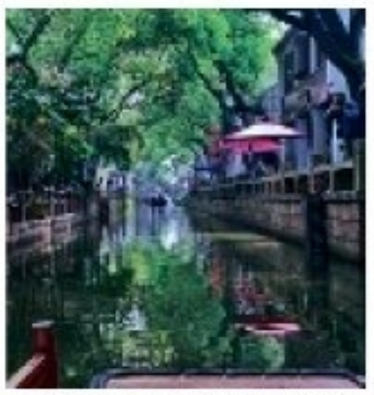
If you find yourself in Shanghai looking to escape the hustle, just two hours away by car is the romantic city of Suzhou, with stunning canals, gardens and temples.

Start by dropping your bags at Jinji Lake Grand Hotel, a swanky spot in the trendy, industrial part of Suzhou.

Next, drive into Old Town to visit Humble Administrator's Garden, Suzhou's largest, most famed garden.

Built in 1509, the perfectly manicured Bonsai trees, droopy willows, ancient bridges, canals and ponds lend it an ethereal beauty. Drop by the nearby Suzhou Museum for a quick stroll before indulging in noodles at Tong De Xing Noodle restaurant.

Walk off your feast on historic Pingjiang Road, hunting for locally made textiles in the silk capital of the world before taking in a traditional show at Kun Opera where performers sing about love and heartache while you sip on freshly brewed tea.



No trip to Suzhou is complete without a canal ride.

You can't be in the Venice of China without taking a canal ride. Request an early-morning wakeup on Day 2 and bus or taxi to the area of Tongli. Hire a gondola and spend the afternoon cruising the calm waters.

Afterwards, cross over the famous Taiping, Jili and Changqing archway bridges and, as legend has it, you'll be granted good luck for your future wedding. Then walk the water's edge, populated with shops and casual food options for lunch.

Freshly made dumplings are seemingly at every second stand and you'll smell the traditional "Stinky Tofu" dish as you wander — if you're brave, give the fermented fave a try.

A dinner at intimate vegetarian restaurant Xi Shan Tang allows you to explore the local cuisine options outside of noodles and tofu. Be sure to book well in advance as they are reservation only.

Day three's journey should be to Tiger Hill. The impressive Bonsai tree garden boasts hundreds of the trees, including one that's more than 400 years old. Then make your way to the 1,000-year-old Tiger Hill Pagoda Huqiu Tower, which is older than the Leaning Tower of Pisa and features an even more dramatic lean.

A stop on your way back to the hotel at a traditional tea plantation and tea house to learn the art of Biluochun, or green, tea making will give you a new appreciation for the much-loved drink.

End your weekend with a meal at the ultra luxe Lamborghini Hotel. The set French menu of pan-roasted lobster, foie gras and truffle mushroom soup will cost you, but the splurge is worth it.

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Doorways in Montevideo's Ciudad Vieja, or old city. A variety of architectural styles can be found in Uruguay's charming capital city. MICHELLE LOAKE/THE ASSOCIATED PRESS

Sunny sidewalks, seaside strolls and so much steak

URUGUAY

Cut into fillet of Montevideo and savour its myriad charms

Uruguay's capital city, Montevideo, may not be as well-known to international travellers as some of Latin America's other destinations. But there's plenty here to see and do, and it's a relatively short hop and worthy side trip from Buenos Aires.

Laid-back and friendly, Montevideo has a mellow vibe. Experience it as you savour a tasty chivito (steak sandwich) at a sidewalk café, or on a sunny stroll along a wide sandy beach. Here are a few suggestions on making the most of your visit.

What's new?

The renovated Mercado Agricola, 2220 Jose L. Terra, has everything from asado (barbecued meat) to gelato to hand-crafted gifts. It can be less crowded than the more-famous Mercado del Puerto and is home to cafés and a small brewery. Open daily from 9 a.m. to 10 p.m.

Another rejuvenated classic is the Sofitel Casino Carrasco and Spa. Formerly known as the Hotel Carrasco, the beachfront luxury hotel opened in 1921. Albert Einstein stayed here in its early years and the Rolling Stones were recent guests.

Classic attractions

Although it can get busy, the Mercado del Puerto in the Ciudad Vieja (old city) is worth a visit. A popular spot for asado is El Palenque.

For a dose of history, try the Legislative Palace. Highlights include uniformed guards watching over the glass case containing the national constitution.

Open from Monday to Friday, visits by guided tour only (available in English) at 10:30 a.m. and 2:30 p.m.

Enter from Avenida General Flores.

Plaza Independencia (Independence Square), at the beginning of Avenida 18 de Julio is a good place to take photographs.

You'll find the Puerta de la Ciudadela (Citadel Gate), a remnant of walls that once surrounded the Ciudad Vieja, and a statue dedicated to national hero Gen. Jose Gervasio Artigas.

Hanging out

The Rambla runs about 27 kilometres along Montevideo's coastline. Take a stroll or rent a bike to explore the wide, sandy beaches.

Walking around the old city is the best way to take in the city's mix of architecture; the pedestrian thoroughfare, Peatonal Sarandi, is the main drag and will take you past art galleries, shops and street stalls.

Check out the traditional calabash gourds and metal straws used to imbibe yerba mate (ma-TAY). The drink is hugely popular and it's common to see people walking with gourd in hand and a vacuum flask of hot water tucked under their arm.

On Sunday mornings you'll find an open air market on Tristan Narvaja and surrounding streets, starting near Avenida 18 de Julio.

Places near Montevideo worth a visit include the Atlantic resorts of Punte del Este and the somewhat quieter Jose Ignacio.

THE ASSOCIATED PRESS

TRAVEL TIPS

Uruguayans eat dinner late, as late as 11 p.m. on weekends, but you can find places ready to feed you by 8 p.m. (though it will be quiet if you're that early). The city feels relatively safe, but be alert, especially at night.

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Day in the lyrical life of a city of stories

NEWFOUNDLAND

Getting lost in St. John's, a city that is literally full of beans

This is a city of storytellers. Writers, actors, musicians, even the cabbie who tells you the word "sex" is spelled out in the lights of the city — there are stories and the people who tell them everywhere you look.

In her award-winning novels and short stories, Lisa Moore has written beautifully about her hometown of St. John's — everything from describing the grit of a downtown alley in Alligator to her high school, Holy Heart of Mary, in her latest book, Flannery.

"I tend to write about the places I've been in a day and what I'm seeing," she says outside Fixed Coffee + Baking on Duckworth Street, a popular spot for actors, musicians and writers to fuel their creativity.

"I like to be in public places and capture how people shift and move and the expressions that come over their faces."

Walking down George St., the site of endless late-night stories, you'll hear the band at Rob Roy doing Springsteen, the fellas in Greensleeves belting out some Barenaked Ladies and the crowd over at O'Reilly's playing traditional music.

But keep walking if you want to catch local bands, such as Green and Gold, Fog Lake or Jonny and the Cowabungas playing at the bars tucked away in Holdsworth Court.

"It's a funny spot, it's not on George Street, technically," says Micah Brown, a musician and co-organizer of the Shed Island music festival held in August in St. John's. "If you didn't know it was there, you'd walk right past it, but on any given night there are a couple hundred people up in those bars listening to music."

But if you want to get "screeched-in" that is, kiss a cod and take a shot of rum, you'll have to head to a bar on George Street.

> **It's a great place for research, but don't tell anyone.**
> Lisa Moore, author

The sun sets on George Street, but the live music plays on right through the night. CONTRIBUTED

"It's sort of like some consensual hazing. It's a fun tradition," explains Brown, a P.E.I. native who was screeched-in a few years ago.

"I like to think it started in a kitchen when somebody's cousin was visiting: 'Oh, Jeremy from Toronto is up here and if you wanna fit in, you gotta kiss a fish'."

Note that no Newfoundlander actually kisses a fish. They just watch as mainlanders do.

St. John's singer-songwriter Joanna Barker, meanwhile, grew up hearing the remarkable story of her great-great-great-grandfather, Michael Power. He was born in Ireland and as a young man he committed a crime of some sort.

"It could have been a bar brawl, could have been murder. We don't know," says Barker. "What we do know is this story."

The story is he was sentenced to life and sent to Australia. But on the way over, there was a fierce storm and somehow, Power saved the captain's wife from drowning. He was rewarded with a pardon. "He escaped a life sentence in prison and started a new life on Bell Island, Nfld.," says Barker.

Wondering about "Jellybean Row?" As a youngster, Geoff Meeker and his buddies would get hassled by the tough kids who lived in the rough houses in downtown St. John's.

Those tough kids have moved on, replaced by tourists taking pictures of the brightly painted houses on steep streets — known as "Jellybean Row."

The nickname started in the 1980s, a decade or so after a heritage group started buying up a few run-down Victorian houses downtown.

"They fixed one up and gave it nice trim and painted it bright colours and bought the house next to it and did the same thing," says Meeker, the proprietor of Jellybean Row Shop and Gallery on Duckworth St.

The bright colours hearken back to earlier days when people who lived in the houses would use up their leftover boat paint.

"Boat paint was bright so it would stand out in the water and what was left would go on the houses," says Meeker. "It just started spreading by itself, like a cold. Everyone started doing it." TORSTAR NEWS SERVICE

The writer was a guest of Newfoundland and Labrador Tourism, who did not pay for or approve this story.

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The Los Angeles Kings named Anze Kopitar their new captain Thursday, taking the job away from longtime captain Dustin Brown

MacDonald out for blood

UFC

Canadian fighter in main event of Ottawa Fight Night

Rory (Red King) MacDonald's analysis of his UFC main event showdown Saturday night with Stephen (Wonderboy) Thompson managed to be both pithy and more than a little chilling.

"It's going to be a technical fight," the 26-year-old Canadian told reporters Thursday. "There will definitely be bloodshed."

MacDonald (18-3-0) knows of what he speaks. His last fight in July 2015 was a five-round bloodfest with 170-pound champion (Ruthless) Robbie Lawler that left the challenger looking like he had just put in a double-shift in a slaughterhouse.

His face was a bloody mask above a torso that resembled a crimson-spattered Jackson Pollock canvas. His nose was a far cry from what it had looked like just a half-hour previously. The battered champion, his lip sliced open like he had fallen into a table saw, didn't look much better.

Lawler eventually prevailed in what was deemed fight of the year, an honour that speaks volumes about the sport of mixed martial arts.

MacDonald, ranked No. 1 among welterweight contenders, and No. 2 Thompson are friendly, having spent time together some years ago when Thompson, a former world champion kickboxer, used to come to Montreal's Tristar Gym to help former champion Georges St-Pierre prepare for his fights.

"It kind of sucks," Thompson said of fighting a friend.

MacDonald was less warm and fuzzy.

"We've been friendly for years," he said. "But we're also competitors. Right now that takes precedent."

Or, as he put it another way: "I'm here to hurt this guy and take what's mine."

In the co-main event, lightweight contender Donald (Cowboy) Cerrone makes his second foray into the welterweight ranks to face Montreal's Patrick (The Predator) Cote.

Cerrone, a thrill-seeker with a love for Budweiser, has enjoyed not having to deal with the stress of cutting wight. He said he ate his way around the Byward Market on Wednesday and planned to go bungee jumping after his workout Thursday.

THE CANADIAN PRESS

Rory MacDonald, right, lost a bloody championship match to Robbie Lawler last July in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

10

In all there are 10 Canadians on the 13-fight card at The Arena at TD Place. The show is sold out.

SOCCER

Germany draws with Poland, England tops Wales

Poland's Robert Lewandowski, left, jumps for the ball against Germany's Benedikt Hoewedes in Saint-Denis, France, on Thursday. FRANCK FIFE/AFP/GETTY IMAGES

EURO 2016 GROUP PLAY

Germany provided the first goalless draw, England earned the first comeback victory and Ukraine became the first team to be eliminated from the European Championship on Thursday.

World champions in Brazil two years ago and 2-0 winners over Ukraine on Sunday, Germany went into its Group C game against Poland at the Stade de France as the clear favourites.

Instead, Germany was kept in check by a well-organized Poland side that also had the best chance to break the deadlock in a dour game.

Arkadiusz Milik, who had scored Poland's winner against Northern Ireland on Sunday, miscued a header as he fell to his knees in Germany's goalmouth and the ball bounced wide.

"We created few chances today," Germany coach Joachim Loew said. "We didn't increase the tempo and then nine of 10 Poles were behind the ball."

For a second match running, Gareth Bale scored with a long-range free kick to put Wales 1-0 up in a match. But unlike its opening-game win over Slovakia, this time there was only disappointment after the break as England substitutes Jamie Vardy and Daniel Sturridge turned the match around for a 2-1 victory.

Northern Ireland later claimed its first tournament victory in 34 years with a 2-0 win over Ukraine. With the loss, Ukraine became the first team in the tournament assured of not advancing to the knockout stages.

THE ASSOCIATED PRESS

IN BRIEF

Storms suspend first round of U.S. Open

Storms that took plenty of bite out of Oakmont wound up shutting down the U.S. Open on Thursday.

The first round was suspended for the third and final time just as 28-year-old qualifier Andrew Landry was finishing up a dream round in his debut at golf's toughest test.

Andrew Landry GETTY IMAGES

Coming off two straight bogeys, Landry hit his approach into about 10 feet on the ninth hole for a birdie attempt when the horn sounded as a violent storm approached. He was in the lead at 3 under par.

THE ASSOCIATED PRESS

Canada asks for continued ban on Russian track team

Athletics Canada wants the ban of Russia's track and field team to continue.

The governing body of track and field in Canada has sent a letter to IAAF president Sebastian Coe asking for the suspension of Russia's track and field team because of widespread doping allegations be upheld.

The IAAF is expected to announce Friday in Vienna whether Russia will be reinstated for the Summer Games in Rio in August.

THE CANADIAN PRESS

Gasol's Zika fear leads to thoughts of freezing sperm

Spain's Pau Gasol says he will consider freezing a sperm sample because of concerns over Zika if he decides to play in the Rio de Janeiro Olympics.

Gasol says "freezing sperm is one of the measures I have to consider."

The 35-year-old Chicago Bulls centre has yet to commit to playing for Spain. Gasol has led Spain to two consecutive silver medals after losing to the United States in the 2008 and 2012 finals.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 6 of the NBA Finals

RECIPE Apple Pie Pancakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate the weekend with a dinner that's one part breakfast, one part dessert.

Ready in
Prep time: 15 mintues
Cook time: 10 mintues

Ingredients
- 1 cup spelt flour
- 1 cup oat flour
- 2 tsps baking powder
- 1/2 tsp baking soda
- 2 Tbsps brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1/4 cup applesauce
- 2 Tbsps butter, melted
- 1 tsp vanilla extract
- 1 Gala apple, peeled and thinly sliced
- 2 Tbsps butter
- 1 Tbsps brown sugar
- 1/2 tsp cinnamon

Directions

1. In a bowl, whisk flours, baking powder, soda, brown sugar, cinnamon, nutmeg and salt. In a separate bowl, whisk milk, buttermilk, egg, applesauce, butter and vanilla extract. Combine wet ingredients into flour mixture and stir. Let batter rest in refrigerator a few minutes.

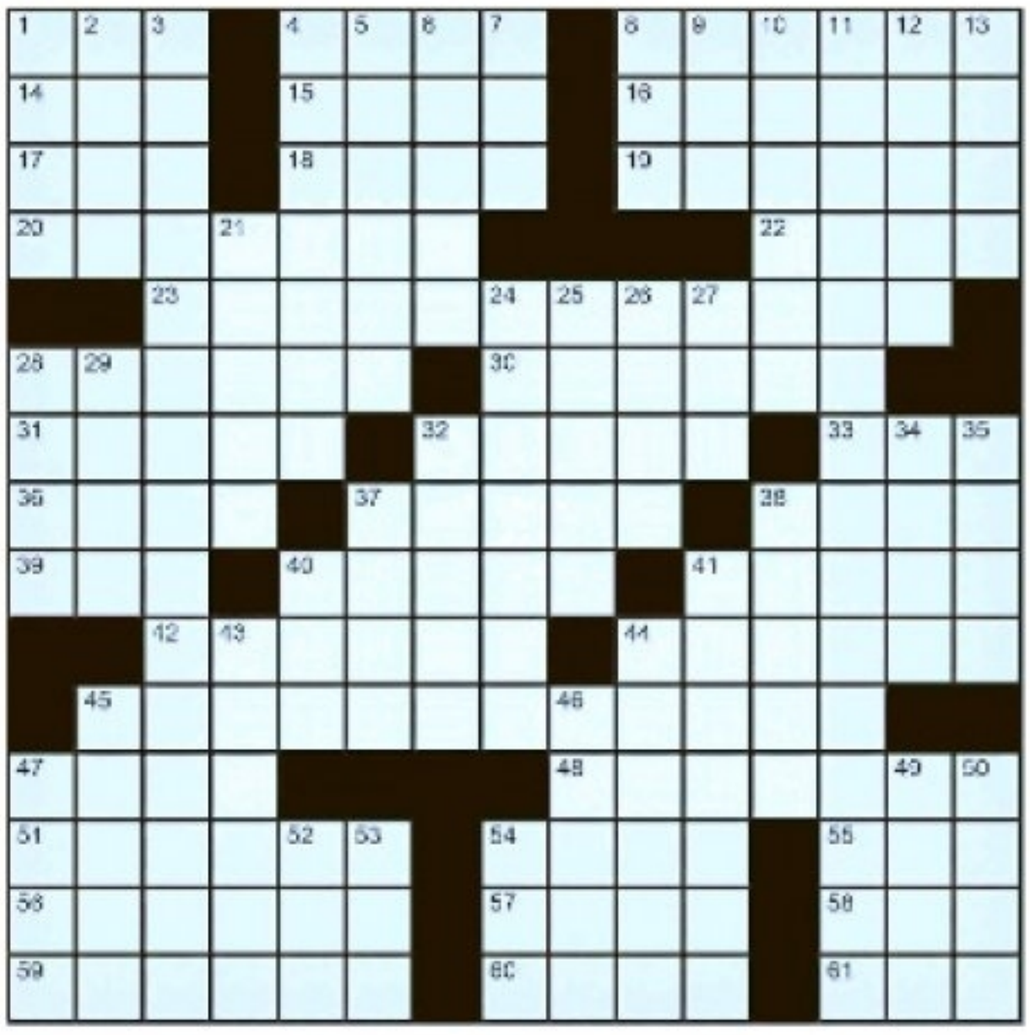
2. Add a tablespoon of butter into a skillet over medium heat. Allow to melt and for pan to get hot. Working in batches, ladle batter into skillet and cook pancakes until bubbles appear on surface. Flip and cook another minute or two. Remove pancakes and keep warm in the oven. Repeat until you've used up the batter.

4. In a separate skillet, melt the butter over medium-low heat and mix in sugar. Add apples and sprinkle with cinnamon. Cook until apples are tender crisp, about 4 minutes. Serve the apple mixture over warm pancakes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. DreamWorks ___
4. Bullfighter's cloak
8. Deepnesses
14. Jeff Lynne's gr.
15. Detail
16. Mr. Keitel
17. "Those details are a bit over the top for my ears!"
18. Canuck politician
19. Byword
20. Guts
22. Cleveland basketballers, briefly
23. R. Buckminster Fuller's architectural design for the U.S. Pavilion at Expo 67 in Montreal: 2 wds.
28. Lake edges
30. Principal dancer at the Paris Opera Ballet
31. Attach: 2 wds.
32. "Mr. Dressup" puppet
33. __-Fi
36. Roads, e.g.
37. Canada's highest mountain
38. Fantastic, in slang
39. Oui, in English
40. Really on trend: 2 wds.
41. Barbarians
42. Sounded off
44. __ House (Manitoba community originally an HBC trading post)
45. Made-in-England for Canada... John Atkinson, the manufacturer of the Hudson's Bay iconic Point Blanket, is a brand of what since-1783 British textiles company?: initials + surname
47. Amer./Brit./Canuck rock supergr.
48. Fugitive's refuge
51. "Doogie __, M.D."
54. Business: 'Big Board', briefly
55. Barn abode
56. "Seinfeld" role
57. Baltic Sea feeder tries, briefly
21. Houston's former hockey team
24. Neptune and Poseidon: 2 wds.
25. "Where __" by Beck
26. Hollywood's Ethan or Joel
27. Handyman's letters
28. __ or neuter
29. Honeymaker's home
32. Canadian poet/songwriter Leonard
34. Fashion model Ms. Delevingne
35. __-bitsy
37. Ms. Anderson
38. Door: French
40. "Chandelier" singer
41. Boundaries
43. Rehabilitation component, commonly
44. Rackets
45. Embarking on __ career (Band member's undertaking)
46. "__ Fools Fall in Love" by Frankie Lymon & The Teenagers
47. Country legend Mr. Atkins
49. Beehive State
50. Sort
52. Lord of the Rings being
53. Actor Stephen
54. Montreal 'name'
58. Faucet
59. Car maker
60. Rock's rug
61. "Murder, __ Wrote"

DOWN
1. Son of Ramses I
2. ...H, I, J, __, __, __, O, P...
3. Not following the crowd: 4 wds.
4. French car manufacturer
5. Conflicting: 2 wds.
6. As such: 2 wds.
7. Ms. Adams
8. "Splash" (1984) actress ...her initials-sharers
9. 'Arbor' suffix
10. "A Whiter Shade of Pale" by __ Harum
11. Monty Hall of Winnipeg and Alex Trebek of Sudbury, e.g.: 4 wds.
12. Raise
13. Thesaurus en-

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid important discussions about politics, religion or racial issues, because you're not in the right frame of mind for this. Someone can make you doubt your beliefs. (This is temporary.)

Taurus April 21 - May 21
This is a poor day to discuss inheritances, shared property or details about insurance matters, because there might be confusion, or even deceit. Certainly, there is hesitation.

Gemini May 22 - June 21
Avoid important discussions with partners and close friends, because even ordinary life details are confusing today. Someone might discourage you. Just accept this for today.

Cancer June 22 - July 23
Don't make a big issue about anything at work today. Everyone, including you, is doing the best he or she can. But today, anybody's best is not enough.

Leo July 24 - Aug. 23
Romance might disappoint you today. Something you thought was solid now looks shaky! Don't get your belly in a rash. This is a shaky day for everyone.

Virgo Aug. 24 - Sept. 23
Things that you thought were solid and dependable at home now look uncertain. Don't worry, because this shaky time is temporary. Hold your ground.

Libra Sept. 24 - Oct. 23
Quite likely, you have feelings of self doubt today. You might question your ability to do something. Don't worry — this feeling is temporary. (Millions feel this way today.)

Scorpio Oct. 24 - Nov. 22
Avoid important financial decisions, because you might not have all the facts, or you're confused about what you hear and see. Easy does it. It's temporary.

Sagittarius Nov. 23 - Dec. 21
Today your objectives are unclear; this is a fact. You might even feel incapable of coping with ordinary tasks. Don't worry, because this is par for the course today. Chill out.

Capricorn Dec. 22 - Jan. 20
You might have a crisis of confidence today. Where you once felt strong, suddenly you're not so sure. Don't worry, because this is a fleeting dark cloud on your horizon. Trust me.

Aquarius Jan. 21 - Feb. 19
Don't take it personally if a friend disappoints you today. (This person might be disappointed in you as well.) Basically, lots of people are disappointed today — it is what it is.

Pisces
Feb. 20 - March 20
This is a poor day for important discussions with bosses, parents, teachers and VIPs. You won't make a good impression. (The joke is that they are confused too! Go figure.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7				1				
		3		2	6		8	
1		4						
9					4		2	7
8	3		5					6
						6		3
	5		1	9		4		
				3				1

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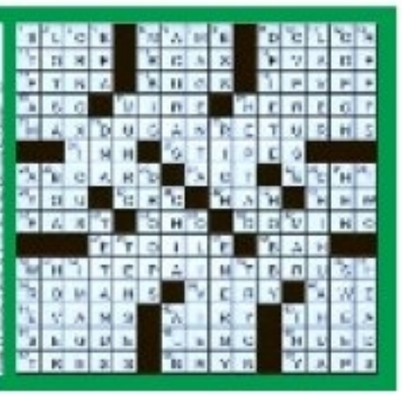
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	6	2	1	8	7	5	3	4
5	1	7	4	9	3	2	8	6
8	4	3	2	6	5	1	9	7
2	3	1	7	5	6	8	4	9
6	9	4	8	2	1	3	7	5
7	5	8	3	4	9	6	2	1
4	2	5	6	7	8	9	1	3
3	8	9	5	1	4	7	6	2
1	7	6	9	3	2	4	5	8



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On Friday, June 17, *Wear Plaid for Dad* to help protect the 1 in 8 Canadian men who will be diagnosed with prostate cancer in their lifetime. Share your support by posting a pic in your plaid with #PlaidForDad.

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